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## Effects of Mobile Addiction on Social Relationships Among Teenagers

*Harshita Choudhury*

Enrolment number- A1320223028

Guide/Mentor - Dr. Nandini Sahay

Course - Masters of social work

Institute - Amity institute of social sciences

University - Amity University Uttar Pradesh, Noida

### ABSTRACT

This study investigates the effects of mobile addiction on the social relationships of teenagers, focusing on how excessive mobile phone usage influences their interactions, emotional well-being, academic performance, and real-life communication skills. With the increasing dependency on mobile devices among adolescents, concerns have emerged regarding their social behavior and overall mental health. The study adopts a quantitative research approach, utilizing a structured Google Form questionnaire to collect responses from 105 participants aged between 13 and 21 years. The findings reveal that a significant number of teenagers experience distractions during in-person interactions, reduced face-to-face communication, and emotional detachment from family members due to mobile overuse. Additionally, many respondents reported struggling with sleep disturbances, academic challenges, and difficulty engaging in meaningful offline conversations. Although a portion of the participants recognized the negative impacts of their mobile habits, efforts to reduce usage were largely unsuccessful. The study concludes that mobile addiction is a pressing issue that affects the social development of teenagers and recommends a multi-pronged approach involving education, parental guidance, and digital wellness strategies to mitigate its impact.

**Keywords:** Mobile Addiction, Teenagers, Social Relationships, Communication, Emotional Well-being, Academic Performance, Digital Behavior

### INTRODUCTION

In the contemporary digital age, cell phones have become indispensable in everyday life, especially for adolescents. Despite the various advantages these gadgets provide, such as immediate communication, information access, and entertainment, their overuse has engendered a rising concern: mobile addiction. Mobile addiction denotes an overwhelming reliance on cellphones that adversely affects several facets of life, especially interpersonal interactions. Adolescents, as the predominant users of mobile phones, are profoundly influenced by this phenomena, as it transforms their interactions with family, peers, and society. A significant consequence of cellphone addiction is the deterioration of in-person connections. Adolescents often prioritise digital interactions over face-to-face contacts, resulting in diminished emotional ties with family and peers. Prolonged screen time diminishes substantive dialogue, hindering kids' ability to develop robust interpersonal skills. Consequently, individuals may have difficulties in articulating feelings, comprehending social signals, and cultivating profound connections. The absence of authentic communication may result in misunderstandings, disputes, and emotional isolation.

Furthermore, mobile addiction leads to a deterioration of familial connections. Historically, family time was devoted to participating in collective activities, including meals, excursions, and conversations. Nonetheless, the prevalence of mobile phones has interrupted these times, as youngsters often get absorbed on their displays rather than engaging with family members. This separation fosters emotional distance and undermines the parent-child bond, complicating parents' ability to lead and nurture their children successfully. Mobile addiction also affects friendships. Although social media platforms enable youngsters to maintain virtual connections, an overdependence on these platforms often supplants face-to-face conversations. This digital reliance may result in shallow interactions, undermining the quality of friendships. Numerous adolescents may experience loneliness and disconnection while possessing a substantial quantity of internet acquaintances. Moreover, cellphone addiction heightens the likelihood of cyberbullying, social anxiety, and diminished self-esteem, so impairing youngsters' capacity to cultivate healthy connections.

Moreover, smartphone addiction impairs youngsters' capacity to develop empathy and emotional intelligence. Continuous exposure to screens and virtual interactions diminishes their capacity to comprehend and react to genuine emotions. This may result in social alienation, when adolescents find it challenging to participate in meaningful dialogues and establish authentic relationships with others. In conclusion, while mobile phones provide several benefits, their overuse adversely affects youngsters' social connections. Decreased in-person contacts, diminished familial connections, and shallow friendships are significant repercussions of mobile addiction. Resolving this problem requires a measured strategy that fosters appropriate mobile use while advocating for genuine social relationships.

## REVIEW OF LITERATURE

The purpose of this study was to analyse the effects of mobile phone use on the academic performance of 2159 South Korean adolescents (1074 male and 1085 female) across two dimensions: intrapersonal (i.e., attention and depression) or interpersonal (i.e., social relationships among peers and teachers). To investigate the seven hypotheses derived from both theoretical and practical sources, a mediation analysis-based structural equation modelling technique was used. The results demonstrated that reliance on mobile phones was associated with lower levels of attention and higher levels of sadness, which in turn impacted friends' social interactions and math and language arts performance in Korean. Additionally, adolescents in South Korea's middle and high schools whose academic performance was negatively impacted by their reliance on mobile phones also had connections with friends, despair, and attention as mediators. Discussions focused on potential future research avenues and the study's consequences based on the results.

Most individuals in South Korea have accessibility to high-speed Internet, and information technology (IT) has emerged as a key economic engine in the country in the last several years (Campbell and Choudhury, 2012). About 57.77 million people, or 11.2 percent of the total population of South Korea, have registered for mobile subscriptions, suggesting that the country has more mobile phones in use than its total population, according to the 2015 Mobile Phones Usage Statistics published by the Korean Ministry of Science, ICT along with Future Planning (MSIP) (MSIP, 2015). According to a report from the Korean Ministry of Gender Equality and Family (MOGEF, 2013), the prevalence of mobile phones among adolescents aged 12–19 has surpassed 90%. This is in addition to the high levels of exposure to mobile media and technologies in various forms among this age group (The Neilsen Company, 2013).

Several psychologists and medical professionals have voiced concerns about major public health issues related to mobile phones, including electromagnetic radiation, hearing loss, or psychological distress/disorders (e.g., compulsive-impulsive spectrum) in South Korea, the country with the most established mobile market (Block, 2008, Young, 2007). As a whole, the effects of adolescent mental health issues on social relationships as well as academic performance have gotten less research attention than the effects of compulsive or pathological mobile phone use on mental health disorders. It is reasonable to assume that the majority of school-aged children and adolescents in South Korea rely on their mobile devices for social communication both inside and outside of school. This dependence may lead to psychological and developmental issues, which could impact students' success in school and beyond (Campbell and Choudhury, 2012; The Neilsen Company, 2013). The purpose of this research was to look at how teenagers' emotional, social, and intellectual development are all connected in order to see how mobile phone usage affects their development as a whole. The major purpose of this research is to identify the elements that may be affected by the heavy reliance on mobile phones among South Korean secondary school pupils.

## METHODOLOGY

**Aim:** The primary aim of this study is to examine the effects of mobile addiction on the social relationships of teenagers.

### OBJECTIVES

- To assess the average duration of daily mobile phone usage among teenagers.
- To analyze the impact of mobile phone addiction on face-to-face communication with family and friends.
- To explore the emotional and psychological effects of mobile dependency on teenagers.
- To evaluate how mobile usage affects teenagers' academic performance and sleep patterns.

### TOOLS USED

Excel and other traditional spreadsheet programs were used to analyse the survey data.

### ANALYSIS PROPOSED

- Pie chart & Bar chart Analysis

### SAMPLING TECHNIQUE

Using a random sampling process is crucial to ensure that the sample accurately represents the whole population. This method increased the reliability and generalisability of the results by giving every potential volunteer an equal opportunity to take part in the study.

### SAMPLE SIZE

The data was analysed with the use of pie and bar charts after 105 people filled out a Google form survey.

### ANALYSIS TOOLS

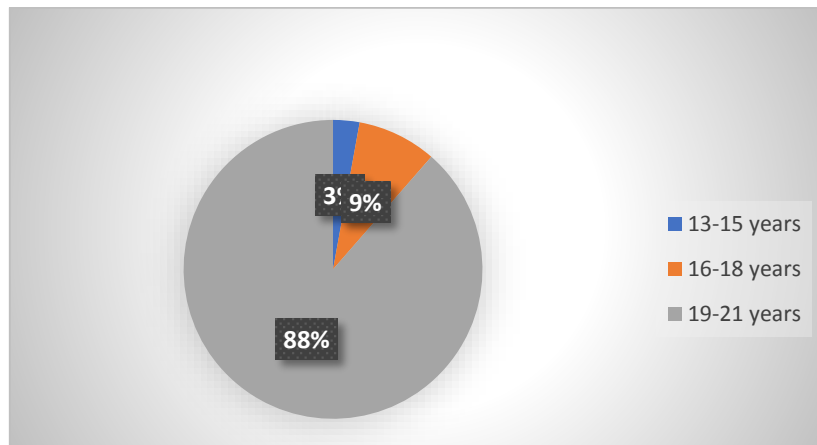
Traditional equations were the foundation for Microsoft Excel's basic data analysis features, which now include tabular and graphical capabilities. The data presentation is perfect in terms of analysis. Pie charts are much more appealing to the eye than the tabular data seen in Excel.

## DATA ANALYSIS

A structured Google Form survey was used to gather data on the subject of "Effects of Mobile Addiction on Social Relationships Among Teenagers." The results of this survey are presented in this section. A random sample of teens (ranging in age from thirteen to twenty-one) provided the answers. Finding patterns and behaviours as well as the degree to which mobile phone addiction affects social relationships, emotional health, academic achievement, and everyday life activities are the goals of the investigation. To help readers comprehend the effects of teens' excessive cellphone use on their individual and social life, the results are offered in tabular format and accompanied by concise explanations.

**Table 1: Age Distribution of Respondents**

Age Group	Frequency
13–15 years	3
16–18 years	9
19–21 years	93



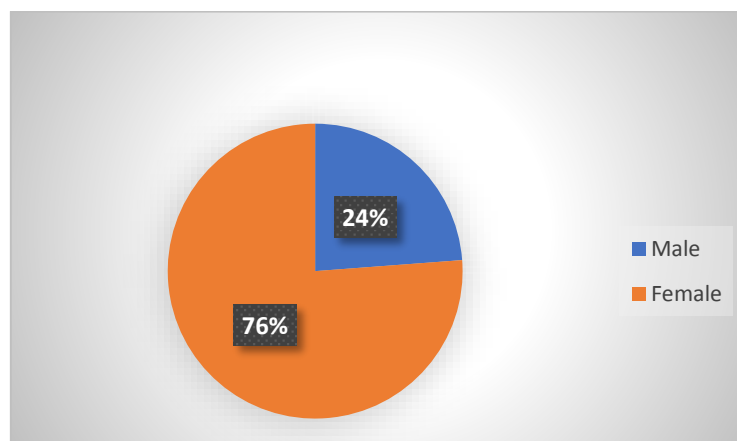
**Figure 1: Age Distribution of Respondents**

### Interpretation:

The table illustrates the age-wise distribution of respondents participating in the study. The majority of respondents (93 out of 105) fall within the 19–21 years age group, indicating a strong representation from late teenagers and early young adults. Only 9 respondents were between 16–18 years and a minimal number (3) belonged to the 13–15 age group. This concentration in the 19–21 range suggests that the findings of the study will most accurately reflect the behaviors and social patterns of this specific adolescent demographic. These insights are particularly relevant since this age group is in the transition from adolescence to adulthood, a stage where mobile addiction and its effects on relationships may manifest differently compared to younger teens.

**Table 2: Gender Distribution of Respondents**

Gender	Frequency
Male	25
Female	80



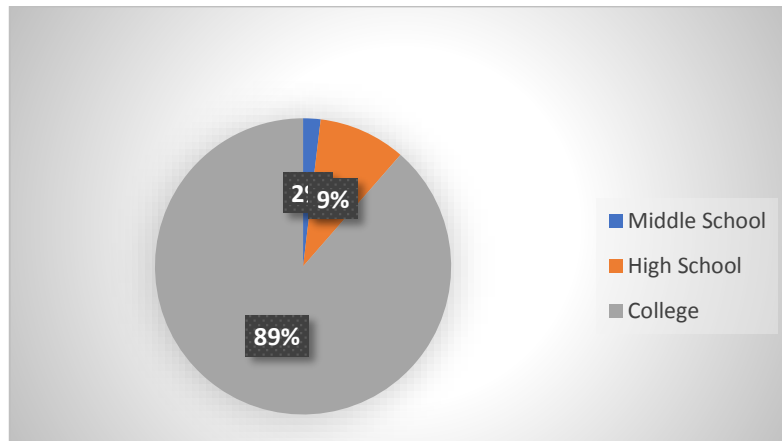
**Figure 2: Gender Distribution of Respondents**

**Interpretation:**

This table displays the gender breakdown of participants in the study. Out of the total 105 respondents, 80 were female and 25 were male. The significantly larger number of female participants could potentially influence the interpretation of results, especially on subjective questions involving emotions, relationships, and social interactions. Since mobile usage behavior and its psychological impacts may vary between genders, the skewed representation needs to be considered while drawing broader conclusions. However, this also opens a pathway for gender-based analysis within the study, offering insight into how mobile addiction may differently affect teenage boys and girls in terms of social connectivity.

**Table 3: Highest Level of Education Completed**

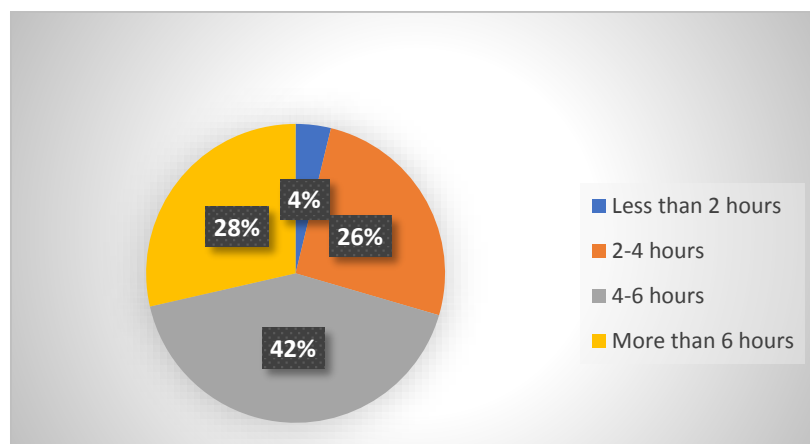
Education Level	Frequency
Middle School	2
High School	10
College	93

**Figure 3: Highest Level of Education Completed****Interpretation:**

The table outlines the educational qualifications of the respondents. A vast majority (93) of participants are pursuing or have completed college education, while a small fraction (10) are at the high school level, and only 2 have completed middle school. This suggests that the sample primarily comprises well-educated individuals in the higher age brackets of adolescence. College students typically have greater autonomy over their mobile usage and social choices, which could potentially make them more prone to mobile addiction and its associated social consequences. Therefore, the study is likely to offer a more accurate picture of mobile usage patterns among older adolescents in an academic setting.

**Table 4: Daily Mobile Usage (in Hours)**

Usage Duration	Frequency
Less than 2 hours	4
2-4 hours	27
4-6 hours	44
More than 6 hours	30

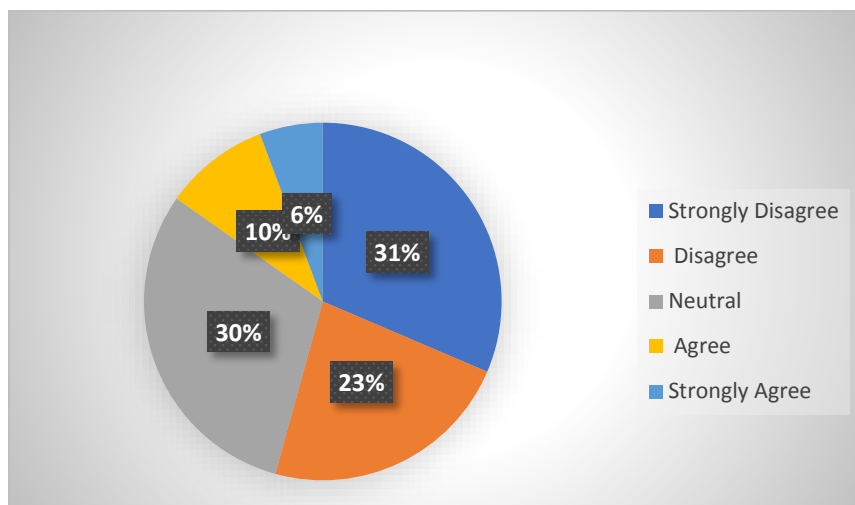
**Figure 4: Daily Mobile Usage (in Hours)**

**Interpretation:**

This table presents the average daily mobile phone usage among the respondents. A significant portion of the sample (44 respondents) reported using their phones for 4–6 hours daily, followed closely by 30 respondents who use them for more than 6 hours. Only 4 individuals indicated less than 2 hours of daily usage. These statistics strongly indicate a high prevalence of mobile phone dependency among teenagers, with nearly 70% of respondents using their devices for over 4 hours each day. Such extensive usage can be a contributing factor to social isolation, disrupted relationships, and poor mental health outcomes, which are central concerns of this study.

**Table 5: I spend less time talking to my family due to mobile phone usage**

Response	Frequency
Strongly Disagree	33
Disagree	24
Neutral	32
Agree	10
Strongly Agree	6

**Figure 5: I spend less time talking to my family due to mobile phone usage****Interpretation:**

This table examines the impact of mobile usage on family interaction. A total of 57 respondents (Strongly Disagree and Disagree) do not feel that mobile usage has reduced their family communication, while 32 respondents remain neutral. Only 16 participants agreed or strongly agreed with the statement, indicating a minority that acknowledges mobile-induced detachment from family conversations. The neutral responses suggest uncertainty or occasional instances where mobile use may interfere with family time. While a majority appear unaffected, the presence of a notable minority still validates the concern that mobile addiction can negatively affect family relationships for some teenagers.

**CONCLUSION**

The current research set out to answer the question, "How does mobile addiction affect teenagers' social relationships?" by looking closely at how it impacts teens' communication, emotional bonding, academic performance, and day-to-day interactions. The analysis of data obtained from a structured Google Form survey sheds light on the behavioural effects of teenagers' excessive mobile phone use by revealing several noteworthy trends and insights.

High levels of involvement with digital devices were indicated by the majority of respondents reporting daily cell phone use of more than four hours. Even while many people didn't say it directly, a large percentage of people said that using a mobile device has made them less likely to spend time with their loved ones in person and less likely to form emotional bonds. Many young people have come clean about their issues with multitasking, anxiety when parted from their phones, and a generalised preference for online interactions over face-to-face gatherings.

Teens' sleep patterns and academic performance are also impacted by smartphone addiction, according to the results. A large number of respondents expressed frustration that their mobile devices cause them to lose focus when studying and even cause arguments with family members. The fact that many participants still had trouble cutting down on screen time despite knowing about the drawbacks is evidence of the addictive nature of mobile use.

Interestingly, there is a combination of acknowledgement and rejection in the replies. Some teens see the light about the drawbacks of their smartphone use, while others show no emotion at all, which may indicate that they don't fully grasp the gravity of the situation. Teens' capacity to build and sustain meaningful connections, participate in profound conversations, and be present in social settings are all negatively impacted by mobile addiction, according to the study.

Finally, adolescent cell phone addiction is an urgent problem that needs fixing. Promoting better digital habits, encouraging real-life social connection, and implementing ways to regulate screen time successfully requires a collaborative effort from parents, educators, and lawmakers. In order to raise generations that are better able to manage their emotions and form meaningful relationships, it is crucial to raise awareness regarding the social and psychological impacts of mobile addiction.

## RECOMMENDATIONS

- **Promote Technology Safety Education in K-12 Institutions:** It is suggested that schools incorporate initiatives for digital wellness into their course offerings. Students should learn about the dangers of excessive screen time on their mental health and how to use their phones responsibly as part of these programs. Schools may greatly influence kids' ability to maintain a healthy balance between their online and offline lives by raising knowledge about the importance of both from a young age.
- **Foster Relationship Building Through Family Involvement and Non-Online Pursuits:** Offline bonding activities, including family dinners, game evenings, camping vacations, or even just talking to one other, should be a priority for families. A great way for teens to re-establish emotional connections with their families is to establish "no phone zones" or "tech-free hours" in the house. For teenagers to feel safe and accepted in the real world, away from their phones and computers, parental participation and encouragement are crucial.
- **Introduce Tools for Self-Regulation and Tracking Mobile Usage:** Adolescents may keep tabs on and control their daily mobile use with the use of applications or built-in screen time monitoring technologies. The first step in making a change is being conscious of one's own habits, and being able to see how much time is spent on different applications can help with that. You may greatly lessen your reliance on your mobile device by setting personal screen time goals and engaging in frequent digital detoxes.
- **Establish Systems of Peer Support and Counselling:** Adolescents battling with cellphone addiction should have access to peer support groups and counsellors in their schools and neighbourhoods. By talking openly about issues like social withdrawal, anxiety, and digital stress, we can normalise these feelings and encourage kids who are struggling to get treatment. With the help of a psychologist, they can learn to cope and become more emotionally resilient.
- **Promote Involvement in Societal and Extracurricular Activities:** Sports, the arts, volunteering, and group events are all great ways for teenagers to get moving and express themselves creatively while also connecting with their communities. These activities take place away from screens and provide new ways to meet others, practise speaking, and cut down on screen time. Taking part in these kinds of events also helps people feel more connected to others and accomplished, which can help them cope with the shallow validation they may experience online.

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